

YOU CAN MAKE A CHANGE FOR LIFE



Are you worried about getting diabetes?

- Do you have any family members with diabetes?
- Are you overweight?
- Do you get little or no exercise?
- Have you had gestational diabetes?

You may be at high risk for diabetes, but there is something you can do.

Call 2-1-1 to learn about a Diabetes Prevention Program near you. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

You can prevent or delay type 2 diabetes!
Find out how to enroll. Call 2-1-1.



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

